

Disclosures And Relationships:

I am Founder and Director of [Smart Sport International](#) , a company that provides physiotherapy (physical therapy), individualized and group coaching and mentoring services.

I am Founder and Director of the [Smart Life Project](#) , a health initiative that provides sports science solutions for training, rehab, and life.

I am the author of ["RunSmart: A Comprehensive Approach To Injury-Free Running"](#) . This book was first published in 2008, though it has its roots back in 1992!

I am a member of the Brooks ID program, which provides me with some great running gear from [Brooks Running](#) . I have used their products for the past decade or more.

I am an official [CompuTrainer](#) coach and have used their training products for many years.

I sometimes use Amazon Affiliate links to point to books or music that I suggest. You can find these in my ["A-List"](#) store.

I am not an affiliate with any other programs at this current time.

I reserve the right to try out advertising on his site. Should you find an ad on the site, you can be certain that I personally endorse that product and I believe that it has value to the community.

Acknowledgements:

All images and content, unless otherwise noted, are used under a [Creative Commons License](#) .

Template created by [RocketTheme](#) .

Social Network icons created by [Komodo Media](#) are licensed under a [Creative Commons Attribution-Share Alike 3.0 Unported License](#)
based on a work at
www.komodomedia.com